

Growing Healthy Families

BENNINGTON DISTRICT OFFICE • Vermont Department of Health, WIC Program
324 Main Street, Suite 2, Bennington, VT 05201 • 1-802-447-6408 or 1-800-637-7347

All activities are FREE
of charge!

Breastfeeding basics

Wednesdays, 1:00–2:00 p.m.

March 4, April 1, May 6

WIC Office

324 Main Street, Bennington

Are you planning to nurse? Not quite sure? Join us and learn how to get a good start in the hospital and early weeks. Light refreshments. Free drawing for a \$20 Price Chopper Gift Card! Partners, friends, family members welcome. Call 447-6411 to preregister and for more information.

Secrets of baby behavior

Tuesday, March 24; 10:00–11:00 a.m.

WIC Office

324 Main Street, Bennington

It can be hard to know what your newborn baby is trying to communicate to you when he/she can't talk. Understanding your baby can help you feel less stressed and more confident in caring for your newborn. Learn how to recognize hunger cues, sleep patterns, reasons for crying, and solutions to common concerns. For more information or to preregister, call 447-6411. Dads and grandparents welcome.

For more baby behavior tips, go to:
www.secretsofbabybehavior.com.

Back to work/school & breastfeeding

Tuesday, April 28; 1:00–2:00 p.m.

WIC Office

324 Main Street, Bennington

Going back to work or school doesn't mean breastfeeding has to end. There are many ways you can make it work for you. Topics include pumping and storing your milk, maintaining a good milk supply, working with your childcare provider and how to talk with your human resource manager, supervisor or student advisor about your needs when returning to work or school. Babies are welcome in class. Call 447-6411 for more information and to preregister.

One can of chickpeas, so many ways!

Wednesday, May 20; 1:00–2:00 p.m.

WIC Office

324 Main Street, Bennington

Of all the WIC canned beans you have stacked in your pantry, none is as versatile as the humble chickpea. Canned chickpeas are not only budget friendly and nutritious, but also have an amazing nutty flavor. Roast them for a snack. Blend them into a dip. Shape them into a burger or add to a salad or stew. Join us and learn how simple it is to make hummus and other recipes using chickpeas. For more information or to preregister, call 447-6411.

Story rhythms

Tuesdays, 10:30–11:00 a.m.

Bennington Free Library

Rotary Room

101 Silver Street, Bennington

A special time filled with stories, songs and movement for babies and toddlers aged 4–36 months and their caregiver. Call 442-9051 for more information.

Pre-school story hour

Wednesdays, 10:30–11:30 a.m.

Bennington Free Library

Rotary Room

101 Silver Street, Bennington

Children ages 3 to 5 years old and their caregiver will explore art, movement, math and science through stories and activities. Call 442-9051 for more information.

WICHealth.org

Your online resource for nutrition and health information! Enjoy topics such as healthy pregnancy, picky eaters and eating well on a budget.

Easy steps to get you started:

1. Log onto www.wichealth.org
2. Follow the steps to set up your own personal family account.
3. Your Household ID is your Family ID located near the top of your POD (Proof of Delivery) form. Your Agency/Clinic is your local health department district office.